FROM SURVIVING TO THRIVING AS AN ACCIDENTAL HOMESCHOOLER

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WHATEVER YOU CHOOSE TO DO IS ENOUGH.
WEBINAR OUTLINE

WHATEVER YOU CHOOSE TO DO IS ENOUGH.


[3] Surviving to Thriving: 10 Tips for School-at-Home Success

[4] Q & A
OUR CONTEXT:

COVID-19 CRISIS SCHOOLING AT HOME
WE ARE EXPERIENCING COLLECTIVE TRAUMA

WHAT IS TRAUMA?

Events or incidents that can cause trauma:

- Feared for life or safety
- Had a close relationship with someone involved
- Shocking or unexpected
- Against social expectations
- Watched or heard about such an incident
- Any situation faced that causes a distressing, dramatic or profound change or disruption in physical or psychological function
BESIDES, SHOULD WE BE RECREATING SCHOOL AT HOME?

...and in the midst of the adult dissension about online learning, some children are having the best learning experiences they have ever had. For some, the school building was a site of trauma. Not having to return to the place that implanted a lack of value for self is a small victory. A chance to see themselves as smart, worthy, and whole again.
CRASH COURSE IN LEARNING THEORY

OR, WHY YOU MIGHT CONSIDER UNSCHOOLING.
HOW LONG SHOULD MY CHILD BE DOING SCHOOL AT HOME?

### AVERAGE CONCENTRATION SPAN BY AGE

Age x 2 to 5 minutes = Average Concentration Span

<table>
<thead>
<tr>
<th>AGE</th>
<th>AVERAGE CONCENTRATION SPAN</th>
</tr>
</thead>
<tbody>
<tr>
<td>4</td>
<td>8 – 20 MINUTES</td>
</tr>
<tr>
<td>5</td>
<td>10 – 25 MINUTES</td>
</tr>
<tr>
<td>6</td>
<td>12 – 30 MINUTES</td>
</tr>
<tr>
<td>7</td>
<td>14 – 35 MINUTES</td>
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<tr>
<td>8</td>
<td>16 – 40 MINUTES</td>
</tr>
<tr>
<td>9</td>
<td>18 – 45 MINUTES</td>
</tr>
<tr>
<td>10</td>
<td>20 – 50 MINUTES</td>
</tr>
<tr>
<td>11</td>
<td>22 – 55 MINUTES</td>
</tr>
<tr>
<td>12</td>
<td>24 – 60 MINUTES</td>
</tr>
</tbody>
</table>

### Grade Level

<table>
<thead>
<tr>
<th>Grade Level</th>
<th>Minimum</th>
<th>Maximum</th>
<th>Recommended Length of Sustained Attention</th>
</tr>
</thead>
<tbody>
<tr>
<td>PreK</td>
<td>20 minutes/day</td>
<td>60 minutes/day</td>
<td>3-5 minutes</td>
</tr>
<tr>
<td>K</td>
<td>30 minutes/day</td>
<td>90 minutes/day</td>
<td>3-5 minutes</td>
</tr>
<tr>
<td>1-2</td>
<td>45 minutes/day</td>
<td>90 minutes/day</td>
<td>5-10 minutes</td>
</tr>
<tr>
<td>3-5</td>
<td>60 minutes/day</td>
<td>120 minutes/day</td>
<td>10-15 minutes</td>
</tr>
<tr>
<td>6-8</td>
<td>Class: 15 minutes/day Total: 90 minutes/day</td>
<td>Class: 30 minutes/day Total: 180 minutes/day</td>
<td>1 subject area or class</td>
</tr>
<tr>
<td>9-12</td>
<td>Class: 20 minutes/day Total: 120 minutes/day</td>
<td>Class: 45 minutes/day Total: 270 minutes/day</td>
<td>1 subject area or class</td>
</tr>
</tbody>
</table>
LEARNING AND EMOTIONS ARE CONNECTED

Fear and Anxiety Affect the Brain Architecture of Learning and Memory

**Prefrontal Cortex**
Center of executive functions; regulates thought, emotions, and actions. Especially vulnerable to elevation of brain chemicals caused by stress. Matures later in childhood.

**Amygdala**
Triggers emotional responses; detects whether a stimulus is threatening. Elevated cortisol levels caused by stress can affect activity. Matures in early years of life.

**Hippocampus**
Center of short-term memory; connects emotion of fear to the context in which the threatening event occurs. Elevated cortisol levels caused by stress can affect growth and performance. Matures in early years of life.
WHAT IS LEARNING, ANYWAYS?

Understanding how a topic fits into a larger picture

Building on past knowledge to improve recall

Reflecting on topics and creating new connections
TRAUMA-INFORMED PRACTICES IMPROVE LEARNING
ENGAGEMENT IMPROVES LEARNING

THE 4 PILLARS OF

#1 Personalized Learning
#2 Learning without Limits
#3 Student-Driven Learning
#4 Competency-Based Learning

STUDENT

ENGAGEMENT
UNSCOLING CAN IMPROVE LEARNING, TOO.

AT SCHOOL, THIS MIGHT LOOK LIKE:

Inquiry, Project-Based, Experiential, Interdisciplinary, Genius Hour, Montessori
SURVIVING TO THRIVING

10 TIPS FOR SCHOOL-AT-HOME SUCCESS
YOU CAN SAY NO.

X MINUTES OF READING + X MINUTES OF MATH = ALL THE FREE TIME YOU WANT

HOW WE’RE SAYING NO.
Our School Week

Daily Themes

Bored?
- Play
- Sort leaves
- Games
- Art
- Stay outside
- Read
- Sing, play
- Hide and seek
- Tag
- Freeze Dance
- Make money
- Bake cookies
- Write a story
- Yoga
- Call L&JN
- Riddle museum tour
- Imagination writing
- Braid something
- Make a mask
- Exercise
- Make a fort
- Train rides
- Color
- Alphabet work
- Clean up
- Mystery word
- Comics

Breakfast
- At all meals: Whole wheat gluten-free bread, yogurt, fruit, juice, coffee, tea, tea, tea. Clean up

Morning MTG
- 7:55
- Mr. Barry sing-along
- Daily Schedule

Outdoor Time
- 8:15
- Yoga
- Call L&JN
- Riddle museum tour
- Imagination writing
- Braid something
- Make a mask
- Exercise
- Make a fort
- Train rides
- Color
- Alphabet work
- Clean up
- Mystery word
- Comics

Work Block
- 8:30
- Math
- Reading
- Science
- Art
- Writing
- Social studies
- Nutrition
- Physical education
- Spanish
- Music
- Computer
- Science
- Social studies
- Nutrition
- Physical education
- Spanish
- Music
- Computer

Lunch
- 11:30
- Whole wheat gluten-free bread, yogurt, fruit, juice, coffee, tea, tea, tea. Clean up

Work Block
- 11:50
- Math
- Reading
- Science
- Art
- Writing
- Social studies
- Nutrition
- Physical education
- Spanish
- Music
- Computer

Recess
- 12:10
- Play
- Color
- Alphabet work
- Cleaning
- Mystery word
- Comics

Snack
- 12:20
- Whole wheat gluten-free bread, yogurt, fruit, juice, coffee, tea, tea, tea. Clean up

Screen Time
- 12:30
- Math
- Reading
- Science
- Art
- Writing
- Social studies
- Nutrition
- Physical education
- Spanish
- Music
- Computer

FREE CHOICE DINNERS
- 5:00
- Whole wheat gluten-free bread, yogurt, fruit, juice, coffee, tea, tea, tea. Clean up

Bath, Games, Free Time
- 6:00
- Whole wheat gluten-free bread, yogurt, fruit, juice, coffee, tea, tea, tea. Clean up

Weekly APFTS: 4-5 pm Air Piano

Thoughtful Thursdays
- Whole wheat gluten-free bread, yogurt, fruit, juice, coffee, tea, tea, tea. Clean up
- Whole wheat gluten-free bread, yogurt, fruit, juice, coffee, tea, tea, tea. Clean up
- Whole wheat gluten-free bread, yogurt, fruit, juice, coffee, tea, tea, tea. Clean up
- Whole wheat gluten-free bread, yogurt, fruit, juice, coffee, tea, tea, tea. Clean up

Fun Fridays
- Whole wheat gluten-free bread, yogurt, fruit, juice, coffee, tea, tea, tea. Clean up
- Whole wheat gluten-free bread, yogurt, fruit, juice, coffee, tea, tea, tea. Clean up
- Whole wheat gluten-free bread, yogurt, fruit, juice, coffee, tea, tea, tea. Clean up
- Whole wheat gluten-free bread, yogurt, fruit, juice, coffee, tea, tea, tea. Clean up

Thanksgiving Holiday
- Whole wheat gluten-free bread, yogurt, fruit, juice, coffee, tea, tea, tea. Clean up
- Whole wheat gluten-free bread, yogurt, fruit, juice, coffee, tea, tea, tea. Clean up
- Whole wheat gluten-free bread, yogurt, fruit, juice, coffee, tea, tea, tea. Clean up
- Whole wheat gluten-free bread, yogurt, fruit, juice, coffee, tea, tea, tea. Clean up

Routine without Rigidity
COLLABORATIVE GOAL SETTING
AUTHENTIC PRACTICE
5

THEMATIC SILLINESS

#PrankinPlushie
ENDLESS ENRICHMENT
READ ALOUD, TOGETHER
TALK LIKE
A TEACHER
In design thinking, we use the phrase "How might we..." to frame a problem and inspire solutions. The goal is to generate many, many solutions to a single question.

You do that by following these simple rules:
- Defer judgement
- Go for volume
- Encourage wild ideas
- Build on the ideas of others "Yes, and!"

Then you pick a solution and "prototype" it or try it out for a bit.

I wonder if this approach might help families (including kids) brainstorm ideas about what to do in this situation?

Here are some starter HMW questions... Feel free to add more in the comments.

- HMW learn something new without using the internet?
- HMW learn something new without leaving the house?
- HMW help our neighbors during this difficult time?
- HMW use this unique time to accomplish something hard?
- HMW make the house feel like Disneyland?
- HMW create a game that can only be played on the moon?
- HMW invent a new way of being in the world?
- HMW inspire our friends to try something new in their own house?
- HMW share with others what we know and learn?
- HMW experience our house in a brand new way?
ASK QUESTIONS

CHILD-LED INQUIRY
9 ASK QUESTIONS THINKING ROUTINES

Core Routines

The core routines are a set of seven or so routines that target different types of thinking from across the modules. These routines are easy to get started with and are commonly found in Visible Thinking teachers’ toolkits. Try getting started with with one of these routines.

- What Makes You Say That? Interpretation with justification routine
- Think Pair Share: A routine for deeper inquiry
- Think Pair Share: A routine for active reasoning and explanation
- Circle of Viewpoints: A routine for exploring diverse perspectives
- Used to Think... Now I think... A routine for reflecting on how and why our thinking has changed
- See Think Wonder: A routine for exploring works of art and other interesting things
- Compass Points: A routine for examining propositions
WHATEVER YOU CHOOSE IS

ENOUGH.
**Q&A**

USE THE ZOOM FEATURE TO ASK QUESTIONS

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**10 TIPS FOR SCHOOL-AT-HOME SUCCESS**

1. **You can say no.**
2. **Routine without rigidity.**
3. **Collaborative goal setting.**
4. **Authentic practice.**
5. **Thematic silliness.**
6. **Endless enrichment.**
7. **Read aloud, together.**
8. **Talk like a teacher.**
9. **Ask questions.**
10. **Whatever you choose is enough.**